

Desk Jockeys Urged to Take Small Steps to Get Exercise

Expert offers tips for those whose jobs require sitting all day

By Robert Preidt
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FRIDAY, Feb. 24 (HealthDay News) -- Spending long hours at your desk may boost your work productivity, but it can harm your health, an expert warns.

There's growing evidence that the more time you spend sitting each day, the greater your risk of heart disease. Your spine, shoulders and hips may also suffer.

"It's important to get up and move around throughout the day," occupational therapist Julia Henderson-Kalb said in a Saint Louis University Medical Center news release. "Exercise not only helps with how you feel physically, but it also improves your mind and your memory."

It may not be possible for you to go to the gym at lunchtime, but making small changes to your daily work routine can help protect your health, she said.

Henderson-Kalb offered the following suggestions:

- Sitting on an exercise ball instead of a chair will strengthen your abdominal and back muscles, and improve your posture.
- If possible, walk around while you talk on the phone.
- A timer or alarm set to go off hourly can help you remember to take a moment to stand and stretch.
- Choose the stairs whenever possible, and use the restrooms on another floor.
- Avoid the parking spots closest to the building.
- Wear a pedometer and plan to take between 6,000 and 10,000 steps per day.
- Keep light weights or exercise bands at your desk to help squeeze in an exercise break.

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BE PROACTIVE!

What stops you feeling down, boosts your confidence, helps you to look and feel great, helps your bones, heart and makes you strong and toned?

Sadly it's not a magic pill – the only thing that can do all this for you is to get off your bum and get active!

So how active are you?

For physical activity to be working you should feel warm and a little out of breath. You don't have to pump iron or pound the pavements to get fit. In-line or roller skating, skateboarding, football, walking, swimming, cycling and dancing are all great ways to get active. If you like team activities joining a club, or even a class, is a

great way to meet new mates! Whatever activities you choose, make sure they're fun, vary them so you don't get bored, and make them a regular part of your life.

- Getting fit can help you through your exams. Research shows that if you're active you'll do better at your school work – being active helps you to concentrate!

- If you aren't normally very active, start gently. Any activity is good so why not start by walking to school or getting off the bus a stop early. Make it a part of your life and build it into your daily routine.
- When you exercise, your body releases chemicals called 'endorphins' that help you feel happy and good about yourself.

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Look again at **Source 1** and **Source 3**. Compare the way that **both** texts use presentational features for effect.

Remember to:

- • write about the way the sources are **presented**
- • explain the effect of the presentational features
- • compare the way they **look**. (12 marks)